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BY THE BOOK**
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FREE MAMMOGRAMS

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SNOW JOB
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OVER WEATHER
DISH {page 20}



HALIFAX

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Tuesday, December 21, 2010
www.metronews.ca



News worth sharing.

An oval lot of skaters take to ice

► Haligonians flock to North Common to take advantage of free skate ► Venue an 'opportunity to treat people from near and far to something truly unique': Mayor Kelly



► Members of the Dartmouth Speed Skating Club sail around the ice last night on the Canada Games Oval.

About 200 people were on hand for the official public opening of the long-track speedskating oval on Halifax's North Common last night.

The oval will be HRM's marquee venue for the 2011 Canada Winter Games, taking place Feb. 11-27.

Members of the Dartmouth Speed Skating Club skated under the blue ribbon,

kicking off the first public skate on the oval.

One person who didn't don the blades was Mayor Peter Kelly. He was in attendance but said that it's been nearly 40 years since he last skated and that he has to relearn.

Until the opening of the games, the oval will host up to four public skating sessions

a day, seven days a week.

HRM will also be holding school skating sessions and learn-to-skate workshops at the oval.

The free skates and other programming are subject to conditions such as weather and ice maintenance, so people should check skatehrm.ca for updated schedules.

● ALEX BOUTILIER

National news

Headway on pension reform

► N.S. finance minister says CPP talks 'seems to be back on the rails' ► Ministers agree to framework for private-sector plan {page 10}

The top singles of 2010

If Katy Perry is on the list but not at No. 1, then who had the song of the year? {page 18}



You are what you drink

Jessica Napier's taxonomy of mixology {page 12}

Herd at the halfway point

Owner-coach Bobby Smith says team 'vastly improved' {page 28}



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Stanfield Airport. Santa



► Air Canada employee Kevin Crowell sits on the lap of Santa Claus at Halifax Stanfield International Airport yesterday.

RYAN TAPLIN/METRO

Haligonians are never too old for Santa

All I want for Christmas is my flight to London

► Halifax has four flights a week to Heathrow, with one scheduled today depending on weather ► About 70,000 expected at airport this week

Christmas travellers might want to ask Santa for a break in the weather.

Winter weather is causing travel headaches especially for those travelling to snowy London or over the choppy seas to Newfoundland and Labrador.

The Saturday London flight to and from Halifax was cancelled and yesterday's flight was significantly delayed.

"And we saw some delays here from the snow we had on Friday," said airport spokeswoman Ashley Barnes.

"Whether people are travelling to Europe or not, people should always be checking before they head out to the airport."

Marine Atlantic says its ferries could be out of service for several days to avoid the latest storm system moving into the region.

The ferry operator said its vessels were tied up yesterday for an estimated 72 hours due to a marine forecast calling for winds over 100 km/h and seas of seven to nine metres.

Spokeswoman Tara

"We have about 25 per cent more people here in the week before Christmas than an average week in November."

ASHLEY BARNES,
AIRPORT SPOKESWOMAN

Laing said if the weather plays out as expected, Marine Atlantic may not be able to move all of its customers with reservations prior to Christmas Day.

"Given the proximity to

Christmas, this is a difficult time of the year for delays but our first priority is the safety of our customers and crew," Laing said in a statement.

"The forecasted weather conditions will exceed safe operating parameters for an extended period of time."

Marine Atlantic said it expects that terminal waiting areas will quickly fill up and terminals will close to new traffic once they have reached capacity.

► JENNIFER TAPLIN/WITH FILES
FROM THE CANADIAN PRESS

Attempted robbery in Burnside

Two suspects described as being in their early 20s fled an attempted robbery in a wild getaway yesterday.

Halifax Regional Police say at around 11 a.m., two employees of Princess Auto in Burnside were walking through the parking lot. The man and woman were approached by a man with a firearm who demanded money.

"When they refused, the suspect fled the area on foot and got into a waiting vehicle (a white Buick LaSabre) on Isnor Drive," said Halifax Regional Police spokeswoman Theresa Rath.

"It went over a curve and came to rest at a stop sign on Akerley at Mosher Drive and they fled the area on foot onto a wooded area. We believe they may have been picked up by a waiting vehicle."

► JENNIFER TAPLIN

Poll shows support for HRM split

A recent poll by Corporate Research Associates show 53 per cent of the 402 residents they surveyed support splitting the HRM in half into urban and rural units.

According to the poll, 36 per cent oppose a split.

CRA says support for separating the municipality has been steady for the past five years.

Support for the split is strongest in the County of Halifax and weakest in Dartmouth.

CRA also found the older the resident surveyed, the more likely they'd support a split.

The poll was conducted in November with overall results accurate to within 4.9 percentage points.

► JENNIFER TAPLIN

Metro correction notice

Industrial and commercial users will see their water rates rise between two and 19 per cent, depending on meter size and consumption, in 2011.

Incorrect information appeared in yesterday's edition.

► METRO

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news


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Mike Benhaim gets into the list season spirit with his favourite new artists of 2010. More at metronews.ca/backbeat

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Curing colds isn't so common for common cold cures. Scan this code for the story.

Monday routine continues

Storm surges

► The winds at high tide are also expected to create storm surges along coastal areas, bringing pounding surf and localized flooding.

It wouldn't be the early part of the week in December without having to deal with wet and wild weather.

Three separate warnings were issued yesterday afternoon for Halifax — rainfall, wind and storm surge warnings. It marked

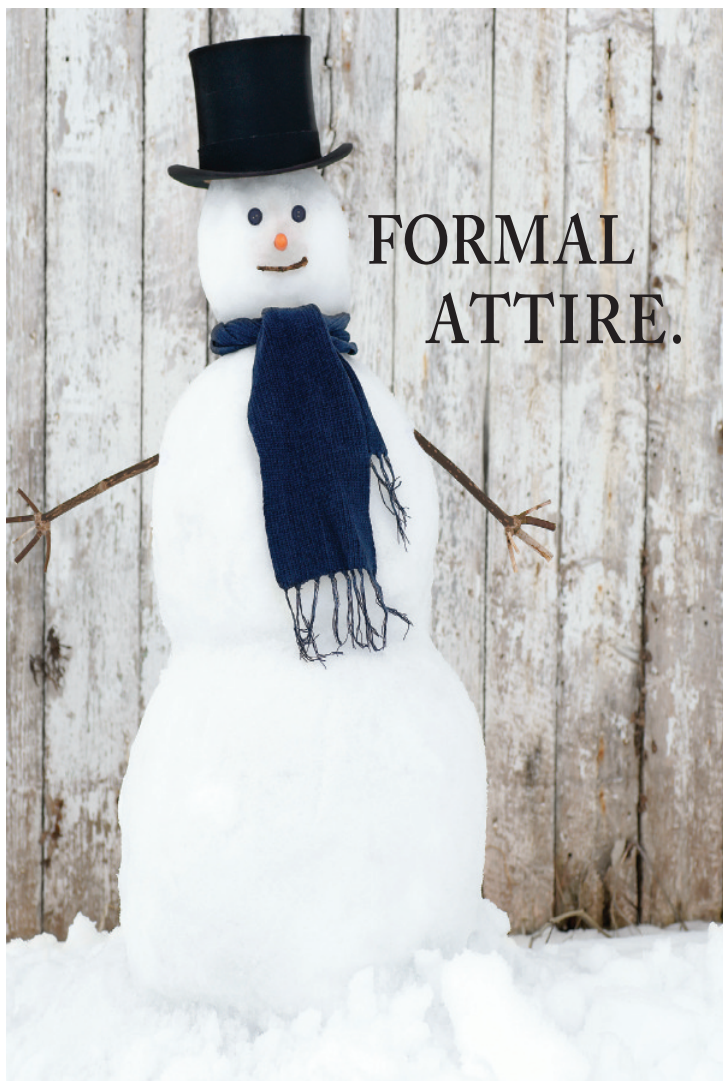
the third Monday in a row warnings such as these were issued for the province.

Between 35 and 70 millimetres of rain is expected to fall across the province by this evening. The wet weather was forecast to begin last night and continue

throughout the day, with the rainfall moving eastward.

Winds go are forecast to reach as high as between 80 to 100 km/h in some parts of the province, with the strongest gusts expected for Cape Breton.

► METRO



FORMAL
ATTIRE.

How to tell if your neighbour has a grow-op

► Look for no snow on the roof, tampered with or bypassed hydro meter, residents rarely home



ALEX
BOUTILIER
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RCMP have released a list of "indicators" of marijuana grow-ops after netting nearly 500 marijuana plants at a property in Lake Echo.

RCMP and members of Halifax Regional Police arrested a 45-year old man at a property on Lakefront Drive last Friday.

Police found the marijuana plants, five pounds of dried marijuana, as well as grow equipment.

Staff Sgt. Roddie Macdonald said police found an illegal electrical bypass at

Look for

Some common signs a house might be used to grow marijuana, according to police:

- Windows kept closed and covered with newspaper or plastic
- Condensation forming on windows
- Guard dogs on property
- Hydro meter tampered with or bypassed

the residence — tampering which created a "very hazardous situation" for those

inside the property.

Macdonald said electrical tampering is a common characteristic of grow-ops, with some growers with little knowledge or training jury-rigging systems to suit their needs.

But Macdonald cautioned citizens against taking any investigative actions themselves. Instead, he recommended contacting police with any concerns.

"Contact your local RCMP office, city police or town police and tell them about your concerns for them to look into it," he said.

Case. Adjourned



► Nicholas Edward White, shown in this photo from last month, was back in court yesterday regarding his second-degree murder charge in the death of Joseph Walker, 76, of Sackville.

RYAN TAPLIN/METRO

Murder case held until January

Nicholas Edward White was scheduled to have a date set for a preliminary hearing, but the case was adjourned until Jan. 26. He's been remanded back to the Burnside jail. Walker was found dead in his apartment at 70 Cobequid Rd. on Nov. 26, but police have released few details.

Rudolph makes the rounds

Organizers of Operation Red Nose say close to 1,200 partygoers used the service in Halifax over the past four weeks.

The annual campaign is a free designated driver service offering holiday partygoers a ride home in their own vehicles.

● METRO

Men wake victim, beat him

Police say three men are facing assault charges after a violent home invasion that sent a man to hospital in southwestern Nova Scotia.

Police say a 35-year-old man was awakened and then punched, kicked and hit with a beer bottle and a lamp. **THE CANADIAN PRESS**

Child hit by car in parking lot

A young child is believed to have suffered a serious head injury after being struck by a car in Clarks Harbour, N.S.

RCMP said the accident occurred yesterday.

The driver was apparently backing up and didn't realize the child had been hit. **THE CANADIAN PRESS**

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Band waits for finished Simon report

The lawyer for a Nova Scotia First Nation says he's upset an inquiry into the shooting death of a Mi'kmaq man by the RCMP will be reviewed by the force's top brass before being released to John Simon's family.

The Commission for Public Complaints Against the RCMP says it has completed its report and has

sent it to RCMP commissioner Bill Elliott and the federal minister of public safety before its public release. Wagmatcook band lawyer Gary Richard says legislation doesn't require this step and he fears the RCMP will take too long.

"I don't have any confidence that the RCMP will be diligent in responding to

No charges

▶ The report found Frenette shot Simon in self-defence and indicated no criminal charges would be laid.

this in a timely way," he said. "I think ... they (the RCMP) will try to use it to strategic advantage."

An RCMP spokeswoman, in an email last night, confirmed the force has received the report and said it will respond "in as timely a fashion as possible."

Simon was shot and killed in his home in Wagmatcook on Dec. 2, 2008, by an RCMP officer. Simon, who was a diabetic, had been drinking and was

without insulin for days when he barricaded himself alone inside his home.

An investigation by Halifax Regional Police found Const. Jeremy Frenette entered Simon's home against direct orders from his supervisor. It also concluded the RCMP had known that Simon was potentially suicidal. **THE CANADIAN PRESS**

News in brief

Man slashed in face

FAIRVIEW. Police believe some sort of altercation led to a man walking into the lobby of Seasons Motor Inn in Fairview late Sunday with a deep cut to his face.

Halifax Regional Police spokeswoman Theresa Rath said the victim wouldn't co-operate with officers regarding how he was cut, but it's believed it either took place in a motel room or just outside of one around 10 p.m.

Rath said the 30-year-old victim, who was losing a significant amount of blood, was taken to hospital for treatment.

● METRO

Charges after bomb threat

CRIME. Police in Cape Breton have made an arrest following a bomb threat at a high school last month.

RCMP say they've charged a 16-year-old boy with uttering false messages by telephone and making a false 911 call after a bomb threat was called into the Strait Area Education and Recreation Centre in Port Hawkesbury.

The threat shut down the school for the day.

Police say the boy is scheduled to appear in court Feb. 2.

THE CANADIAN PRESS

Easing holiday hassle

▶ Free gift wrapping for travellers this week at Halifax airport

Volunteers are waiting at the top of the escalator — just past security — to lend Christmas cheer to weary travellers at the airport.

Passengers can't carry wrapped presents past security, so volunteers at Halifax Stanfield International Airport took an idea from the Calgary airport to offer a gift-wrapping service in the departure lounge.

Patty McClelland was one of the first volunteers to sign up because she loves to wrap presents. She was on the first shift Sunday.

"We only wrapped a few presents, but people were glad to have it because they don't like you to bring wrapped gifts through security," she said.

Wrapping is free, but volunteers are accepting donations to Feed Nova Scotia.

"There was a gentleman on his way back to Germany and he left all his

"The first gift was a big, awkward-shaped thing that was a toiletries thing in a basket. The others were easy like boxes of chocolates."

VOLUNTEER PATTY MCCLELLAND, ON WHAT SHE'S BEEN WRAPPING

Canadian coins for the food bank," she said.

"And there was a university student who was going home to Toronto who had a box of chocolates. He said it's for his family and he would be able to arrive home and (give his present)."

The Tartan Team of volunteers was also spreading holiday joy yesterday by singing Christmas carols in the food court and handing out candy canes.

● JENNIFER TAPLIN



▶ Patty McClelland, a volunteer at the Halifax Stanfield airport, shows off her gift-wrapping skills yesterday.

A Standing Ovation for Pacesetters!

Pacesetters are the organizations that make a commitment to support United Way before the Annual Workplace Campaign starts. They applaud our work in community. Each one on the list understands the value and importance of supporting our local community and they demonstrate their belief by committing to run campaigns and making corporate gifts in advance of our kick-off. We thank and celebrate their support with a standing ovation!

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► Pope Benedict XVI delivers a Christmas greeting at the Vatican yesterday.

Pope blames society for abuse of kids

Pope Benedict XVI told Vatican officials yesterday that they must reflect on the church's culpability in its child sex-abuse scandal, but he also blamed a secular society in which he said the mistreatment of children was frighteningly common.

In his traditional, end-of-the-year speech to Vatican cardinals and bishops, Benedict said revelations of abuse in 2010 reached "an unimaginable dimension" that required the church to accept the "humiliation" as a call for renewal.

"We must ask ourselves what was wrong in our proclamation, in our whole way of living the Christian life, to allow such a thing to happen," the Pope said. Benedict also said, however, that the scandal must be seen in a broader social context, in which child pornography is seemingly considered normal by soci-

2002
The sex abuse scandal, which first exploded in the U.S. in 2002, erupted on a global scale this year with revelations of thousands of victims in Europe and beyond, of bishops who covered up for pedophile priests and of Vatican officials who turned a blind eye to the crimes for decades.

ety and sexual tourism is on the rise.

"The psychological destruction of children is a terrifying sign of the times," Benedict said.

He said that as recently as the 1970s, pedophilia wasn't considered an absolute evil but rather part of a spectrum of behav-

iours that people refused to judge in the name of tolerance and relativism.

As an avalanche of cases of pedophile priests came to light, church officials frequently defended their previous practice of putting abusers in therapy, not jail, by saying that was the norm in society at the time. Only this year did the Vatican post on its website unofficial guidelines for bishops to report pedophile priests to police if local laws require it.

The traditional Christmas speech to Vatican cardinals and bishops is an eagerly anticipated address that Benedict uses to focus the church hierarchy on key issues.

Benedict has previously acknowledged that the scandal was the result of sin that the church must repent for, and make amends with victims.

THE ASSOCIATED PRESS

Crackdown on prostitution ads goes on

► Postings still appear on Craigslist after company pulled erotic services section from Canadian sites

A push to get Craigslist to remove ads for prostitutes from its Canadian websites continued yesterday, despite a move by the San Francisco-based company during the weekend to eliminate its erotic services section.

The federal and Ontario governments expressed cautious optimism Saturday after the erotic services section disappeared from most of Craigslist's Canadian websites.

However, a couple of mouse clicks yesterday quickly revealed classified ads for prostitutes were still being posted on Craigslist for Canadian cities in the therapeutic

New rules?

► Internet. "What we need is the federal government to be more active in regulating this aspect of the Internet ... by making Internet service providers responsible (for the content)," said Ontario NDP justice critic Peter Kormos yesterday.

services section. Price lists for various acts accompanied some postings, although without the sexually explicit pictures that had previously been offered.

Craigslist moved in ear-

ly September to remove the prostitution ads under its erotic services section on its American websites.

Federal Justice Minister Rob Nicholson said Saturday that Ottawa was concerned the Craigslist ads make it easier for criminals who engage in human trafficking and pimping out children as prostitutes.

While many weekly newspapers in Canada carry explicit ads, Nicholson has said they are more likely than Craigslist to exercise some editorial control to make sure the ads don't promote child exploitation or human trafficking.

THE CANADIAN PRESS

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U.S. JUSTICE

Teacher sentenced in sex case

A man who taught English in Cambodia was sentenced yesterday to nearly nine years in federal prison for travelling abroad to have sex with a 14-year-old girl, in what a judge called one of the most disgusting cases that has come before him.

Michael Dodd, 61, pleaded guilty under a

plea agreement in September to travelling to Cambodia to engage in sex with a minor.

Dodd was convicted in a Cambodian court of sexually abusing the girl, and was sentenced to 10 years in prison, but served 16 months, authorities said. He was extradited to the U.S. in February where he was prosecuted under a federal law that outlaws child sex tourism even if the crimes were committed in other nations.

Dodd claims he had plans to marry the 14-year-old.

THE ASSOCIATED PRESS

NDP wants all Douglas files out

Saskatchewan New Democrats are concerned that Ottawa may not release all of the decades-old intelligence on socialist icon Tommy Douglas.

Only 456 heavily censored pages from the 1,142-page dossier have been made public.

The federal government is now promising to release more material by March 31.

THE CANADIAN PRESS

Heathrow airport faces Christmas with the cranks

► Failure to clear snow, ice turns travel into bitter chaos ► British officials promise inquiry ► Gatwick cancels outbound flights until at least today

The Christmas travel season turned angry and chaotic yesterday as British officials struggled to clear snow and ice that paralyzed rail and air links and spawned cancellations and delays stranding thousands around the world.

More than 48 hours after Britain's last snowfall, some furious passengers with boarding passes for Monday flights were not even allowed into London's

"It can't be beyond the wit of man surely to find the shovels, the diggers, the snowplows or whatever it takes to clear the snow out from under the planes."

LONDON MAYOR BORIS JOHNSON



► Passengers queue beside rows of luggage in Heathrow airport's Terminal 3 yesterday.

Heathrow Airport.

Inside, piles of garbage grew and some people slept on terminal floors. Other travellers waited in the cold for up to six hours to get inside London's St. Pancras train station, where they

had to wait still longer for Eurostar trains to mainland Europe.

Chagrined British officials promised an inquiry into the failure to clear the remnants of a storm that dumped 12 centimetres

over parts of England Saturday morning. Other European airports rebounded from weekend snowfall and resumed close to normal flight schedules by yesterday.

Heathrow operator BAA

COCAINE SMUGGLING

Flight attendant sentenced to eight years behind bars

An Air Canada flight attendant who was found guilty of smuggling cocaine into Britain has been sentenced to eight years in prison.

British media reports say Mandeep Shahi, 27, was accused of smuggling four kilograms of cocaine in her luggage during a flight from Toronto to London.

After landing at Heathrow Airport in March 2010, the woman from Mississauga, Ont., delivered the cocaine to a pair of drug dealers, who were under police surveillance.

Shahi was arrested five months later on her return to Britain, after police identified her us-

ing security camera footage.

Three other men involved in the smuggling were also arrested and have been sentenced to a total of 24 years.

The reports say Shahi told police she had no idea there was cocaine in her luggage, but a jury at Southwark Crown Court found her guilty of possession of drugs with intent to supply.

The judge said the group targeted Air Canada because of a perceived lack of security checks and the belief it operates in a country not known for drug smuggling.

THE CANADIAN PRESS

offered little hope of relief from travel purgatory, saying a maximum one-third of scheduled flights would be allowed to take off and land at Heathrow until at least tomorrow morning. The British government ap-

proved night-flight operations at Heathrow in an effort to remove the backlog, but officials warned it may take until after Christmas to do so — and longer if more snow falls.

THE ASSOCIATED PRESS

The wind beneath my wings might become part of your play.

CREVANZO

WHAT NOT TO WEAR
FASHION FAULTS

metronews

Fantastic new species discovered

Honey bees on the decline.

Blow-drying your hair

The sky is the limit with modern architecture

The wind beneath my wings might become part of your play.

CREVANZO

metronews

News worth sharing.

Troops mark last Christmas in Kandahar

► On Dec. 25, VIPs will most likely serve up Christmas dinner for Canadian soldiers

MURRAY BREWSTER/THE CANADIAN PRESS



► Master Cpl. Stephane Gelinas decorates a tree at a combat outpost in the Panjwai district.

The weather outside is always frightful, and when you're under fire, it's never delightful.

And what Canadian soldiers wouldn't give to let it snow, to brighten the drab, winter-scorched farmland of western Panjwai.

Peace on Earth seems

far away this season, almost as distant as when troops celebrated their first Christmas amid the ruins here almost seven years ago.

Dec. 25 is expected to come and go with the grind of army orders and routine of patrols. But

there is some holiday cheer; decorations here and there around Kandahar Airfield.

Soldiers have started to receive packages, little comforts such as blankets, gloves and nicknacks, dutifully mailed by relatives.

And a spartan combat

"Some guys will likely cry on the 25th because they don't have their kids here."

MASTER CPL. STEPHANE GELINAS

outpost in Fathullah has a full-sized artificial tree that was shipped over by a soldier's wife. **THE CANADIAN PRESS**

INSURANCE FRAUD

Top bogus claims of the year

Manitoba's auto insurer has released the biggest claims frauds of 2010.

Manitoba Public Insurance says at the top of the list is a man who denied crashing his car. He told claims investigators it was stolen, but DNA from blood on the steering

wheel proved he was involved. In second place is a man who came forward after four years to admit he deliberately burned a vehicle that belonged to his one-time fiancée.

Another man reported his vehicle had been struck in a parking lot, but an investigation found he simply ran into a snowbank and sign.

MPI's special investigations unit has recovered fraudulent claims worth more than \$50 million in the last five years.

THE CANADIAN PRESS

AIR TRAVEL

Piercings set off airport alarms

Body piercings are setting off alarms for security screeners at a B.C. airport.

Kamloops Airport manager Fred Legace says passengers going through airport security during the busy Christmas season should carry as little metal as possible — and that includes removing body

piercings.

Legace said anything that adds to the metal content will likely make a person subject to secondary screening, so passengers might want to remove hidden piercings. He said the issue has come up recently at several airports where the metal detectors go off in an "unusual location" and screeners have to investigate further.

Legace reminded passengers that all Christmas presents should remain unwrapped to be screened and toy guns should all go to the checked baggage.

THE CANADIAN PRESS

Family of face donor, recipient meet for first time



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Anti-terrorism sweep nets 12 men in Britain

► Pre-dawn raid was a joint operation by spy agency MI5 and police ► Bust is biggest since April 2009

In the biggest anti-terrorist sweep in Britain in nearly two years, police have arrested a dozen men accused of plotting a large-scale terror attack on targets inside the United Kingdom.

The suspects, who ranged in age from 17 to 28, had been under surveillance for weeks and were believed to have links to Pakistan and Bangladesh, security officials said.

The arrests come amid growing concerns in Europe over terrorism following a suicide bombing in Sweden and reported threats of a terror attack on a European city modelled on the deadly shoot-

The plot

- Some of the details of a Mumbai-style plot directed at Britain, France or Germany came from Ahmed Siddiqui, a German citizen of Afghan descent who was captured by U.S. troops in Afghanistan in July.
- More than 170 people were killed in the 2008 terror attack in the Indian city of Mumbai.

ing spree in Mumbai, India.

Police swooped in before dawn yesterday in co-

ordinated raids on houses in four cities.

Counterterrorism officials declined to give more details of the latest alleged plot. No details were given as to whether explosives or arms were found, and searches were under way in the homes where the arrests took place.

The arrests were not believed to be part of any planned holiday season attack, said a British security official.

In 2006, U.S. and British intelligence officials thwarted one of the largest plots yet, a plan to explode nearly a dozen trans-Atlantic airliners.

THE ASSOCIATED PRESS

Sailing. Trial



► Turkey's president Abdullah Gul, left, and his counterpart Gurbanguly Berdimukhamedov of Turkmenistan on the MV Savarona yacht in August 2009.

MURAT CETIN/MURHURDAR/THE ASSOCIATED PRESS

Yacht at heart of trial

Prosecutors claim the MV Savarona yacht played host to sex parties for an international prostitution ring. The alleged ringleaders went on trial yesterday.

Pipeline approval good news to Yukon

Approval of the Mackenzie Gas Project by the National Energy Board is being welcomed by the government in Yukon, which says if the \$16.2-billion project goes ahead, it would provide jobs and a portal to ship Yukon gas to market.

Six trillion cubic feet of natural gas locked in the Eagle Plains' basin could find its way to southern markets via a pipeline built alongside the Dempster Highway.

The energy board's decision on the Mackenzie gas project requires federal cabinet's approval.

THE CANADIAN PRESS

3

While construction of the 1,200-kilometre pipeline would be several years away, the board gave Imperial Oil Ltd. three years to make a decision.

N.S. finance minister pushes for reforms

Nova Scotia's finance minister says the idea of reforming the Canada Pension Plan "seems to be back on the rails" after it seemed all but dead heading into a meeting in Alberta.

Graham Steele made the comment after attending yesterday's gathering of federal, provincial and territorial finance ministers in Kananaskis.

Federal Finance Minister Jim Flaherty said prior

to the meeting that it's probably not the right time to reform the CPP because the economy is fragile and employers don't need the added burden.

Steele doesn't agree, calling the CPP "a great Canadian success story" that has a proven track record and has allowed millions of Canadians to retire with reasonable financial security.

But he believes it needs to be improved and the



► Federal Finance Minister Jim Flaherty yesterday.

SERGEI SUPINSKY/GETTY IMAGES

ministers have agreed to keep talking about it.

"As long as dialogue is going on, there's hope," he said from Alberta.

Flaherty floated an idea for a new private-sector plan with pooled resources from small firms, employees and the self-employed.

The ministers agreed to a framework for such a plan and will meet against next June to discuss it further.

THE CANADIAN PRESS

Pension reform

Nova Scotia finance minister Graham Steele likes Jim Flaherty's proposal to change the CPP.

► "There seems to be practically unanimity among the provinces," he said of the proposal yesterday.

► "It's a good idea that will now be pursued."

Groom opens fire at wedding party

Brazilian authorities say a bridegroom fatally shot his new wife, his best man and then himself after announcing to horrified guests that he had a "surprise" for them.

Police investigator Joao Brito says witnesses told officers that 29-year-old sales manager Rogerio Damascena did not give any previous indication that anything was wrong at his wedding reception.

Bruto said yesterday that it is likely the slayings were premeditated because of the groom's announce-

ment and because he had hidden a gun in his father's pickup truck.

Twenty-five-year-old bride Renata Alexandre Costa Coelho and best man Marcelo Guimaraes were both killed in Saturday's murder-suicide.

A brother of the bride was treated at a hospital and released.

THE ASSOCIATED PRESS



For more news, go online to metronews.ca

Arrest in death of two children

Police said they had a man in custody yesterday after two young children were found dead in an Edmonton townhouse.

Spokeswoman Claire Seyler said police were called to the home late Sunday night by someone concerned about the well-being of the children. The constables found the bodies and also a 31-year-old man who was treated for undisclosed injuries.

Seyler said the children



► Plush toys left at scene.

were under the age of 10.

She would not disclose the children's names or say whether the man was related to them.

THE CANADIAN PRESS

Chopper scare for oil rig workers

Oil workers working off the shore of Newfoundland who were heading home for Christmas had their trip cut short yesterday when a Cougar helicopter had mechanical problems.

The Sikorsky S-92 chopper took off in the morning from the deepsea oil rig Henry Goodrich off Newfoundland.

But the helicopter was only about 150 metres up when it turned back because of abnormally high vibration, said Sean Kelly, a spokesman for the Cana-

da-Newfoundland and Labrador Offshore Petroleum Board.

Kelly confirmed there were no injuries and he said it's believed there were 18 people onboard.

The helicopter is the same model that crashed into the sea last year, killing 17 people.

Two flight engineers were sent to the rig on another Cougar chopper to examine the helicopter.

The offshore rig on the Grand Banks has landing room for just one chopper. THE CANADIAN PRESS

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ENCYCLOPEDIA OF SIGNATURE DRINKS

She says ...

**JESSICA
NAPIER**



'Tis the season to get a bit festive, and if your family is anything like mine, "festive" means, well ... drunk.

What can I say; we all get a little too merry around the holidays. With so many libations to overindulge in, it's good to remind yourself what your cocktail of choice says about your personality. After all, you are what you drink.

Wine: You're mature and sophisticated, or at least you want people to think you are. You carry on pseudo-intellectual conversations and roll your eyes at people who mispronounce Gewürztraminer.

Domestic beer: You're a Canadian.

Imported beer: You're a Canadian who went to Europe for a couple of weeks.

Cosmopolitan: You think your drink is super cute and it totally matches your shoes and, oh my God, you're such a Carrie, no wait — you're totally a Samantha.

Red Bull and vodka: You are three months away from a full-blown cocaine addiction — or a heart attack.

Screwdriver: This is your first time at a bar and you saw someone on TV order this drink once.

Whisky: You're sporting a non-ironic moustache and own a diverse collection of sweater vests.

Shots: The drink of choice of the young, single and desperate to get laid.

Malt liquor: You drive a pick-up truck and have no taste buds.

Martini: You're a relatively experienced drinker that doesn't mind sitting alone at the bar because your Bluetooth headset makes you feel important. On the other hand, you might be James Bond.

Pimms: You enjoy polo shirts, tennis and speaking in a fake British accent.

Caesar: You haven't stopped drinking since the night before and are wondering why on Earth those lights are so f—ing bright.

Rum: Ahoy there!

Jägermeister: You are younger than 22 and intend on making some terrible life decisions before the end of the night.

Champagne: Two words, high maintenance.

Hard lemonade: Your older brother just bought you and your friends a four-pack of fluorescent-coloured alcho-pops that you think are just so badass. Don't worry; your high school party will have plenty of bushes for you to puke in.

Sherry: Ah, Frasier Crane — how nice of you to join us.

Piña colada: You'd rather be at the beach or gettin' caught in the rain.

A bottle of premium liquor: You routinely spend half of your paycheck on bottle service at pretentious nightclubs in the hopes of luring drunken partygoers into your booth.

Tequila: TEQUILA!



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Crisis spawns top word



Worth mentioning

As Greece faced a debt crisis, the government passed a series of strict austerity measures, including tax hikes and public-sector pay cuts.

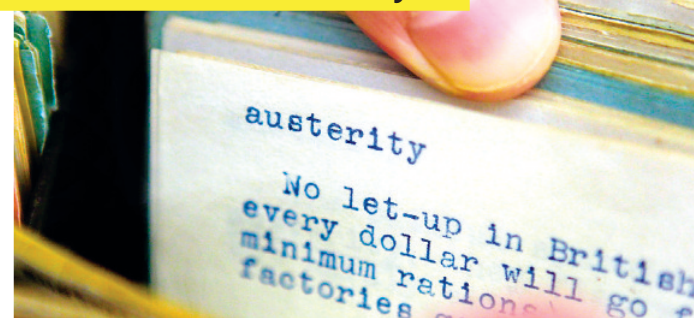
The move provoked a rush to online dictionaries from those searching for a definition.

Austerity, the 14th-century noun defined as "the quality or state of being austere" and "enforced or extreme economy," set off enough searches that Merriam-Webster named it as its Word Of The Year for 2010, the dictionary's editors announced yesterday.

John Morse, president and publisher of the

'Enforced or extreme economy'

CHARLES KRUPA/THE ASSOCIATED PRESS



Springfield, Mass.-based dictionary, said "austerity" saw more than 250,000 searches on the dictionary's free online tool and came with more coverage of the debt crisis.

Runners-up announced yesterday included "pragmatic," "moratorium," "socialism," and "bigot" — the last word resulted from public uses by

former British prime minister Gordon Brown, former CNN host Rick Sanchez and former NPR senior analyst Juan Williams.

Also making the top-10 list was the word "doppelganger," while others on this year's list included "shellacking," "ebullient," "dissident," and "furtive."

THE ASSOCIATED PRESS

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Metro Minute with Victorian Christmas

Time is running out to check out Victorian Christmas at the Dartmouth Heritage Museum's Evergreen House.

For just \$2 per person, one can go inside the location at 26 Newcastle St. and get into the holiday spirit by seeing Victorian decorations, real Victorian toys, and — yes — evergreen.

Today through Thursday

are the final days for the exhibit, which includes guided tours each day at 3 p.m.

The tours explain how the trimmings were made and how the Victorian community celebrated the season more than 100 years ago.

Visit the dartmouthheritagemuseum.ns.ca for complete details.

● METRO



► Victorian Christmas at the Dartmouth Heritage Museum's Evergreen House is running through Thursday.

Facebook CEO networking on China trip?

► China censors Internet content it deems politically sensitive and blocks many sites, including Facebook

Facebook CEO Mark Zuckerberg toured the offices of China's top search engine yesterday during a visit that has sparked speculation the social networking magnate is looking for business opportunities in the world's largest Internet market.

Facebook is blocked on the mainland, but Zuckerberg has expressed a business interest in China and has studied Mandarin.

Photos of Zuckerberg's visit to Baidu Inc. were quickly posted online.

Kaiser Kuo, Baidu's director of international



► Mark Zuckerberg

communications, told The Associated Press that Zuckerberg had lunch with Baidu CEO Robin Li.

He said he didn't know what they talked about but added that the two had met before.

Zuckerberg, who co-founded Facebook, is travelling with his girlfriend, Priscilla Chan, and no apparent entourage.

"Mark has had a long personal interest in China," Kuo said.

But Zuckerberg has also hinted that he's interested in more than that, saying during a speaking engagement in October, "How can you connect the whole world if you leave out 1.6 billion people?"

THE ASSOCIATED PRESS

Auto. Motives



► This image shows a scene from the Toyota 2011 Highlander "Kid Cave" commercial.

TOYOTA/THE ASSOCIATED PRESS

Toyota uses kids to get to parents

Toyota is using the concept of kids' embarrassment over parental behaviour to sell Highlander SUVs. One ad shows a kid in a nondescript sedan mouthing "Help me!" as his parents croon, "Just call me angel of the morning!" to the radio. In an adjacent lane, a boy in a Highlander, watching a video on a back-seat entertainment system, comments, "Just because you're a parent, doesn't mean you have to be lame."

Author of pedophilia guide arrested

Florida sheriff's deputies have arrested a Colorado man who wrote a guide for pedophiles on obscenity charges.

Polk County deputies arrested Phillip Ray Greaves II at his home in Pueblo, Colo., early yesterday. THE ASSOCIATED PRESS

Bell to pay \$1.3M for Do Not Call violation

The CRTC has hit Bell Canada with a \$1.3-million penalty for violating federal Do Not Call rules.

The telecommunications regulator found that independent telemarketers hired by Bell made unsolicited calls to sell services. THE CANADIAN PRESS

Market moment

TSX



-8.18
(13,193.28)

Dollar



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(98.39¢ US)

Oil



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News worth sharing.



News worth sharing.

2 scene

Coens on True Grit: 'It's not a western'

► Joel and Ethan Coen subvert expectations again with their latest ► But the directorial duo insist the western isn't like most westerns ► How could it be, coming from them?

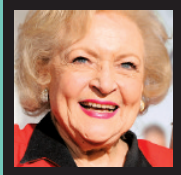


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METRO WORLD NEWS IN LOS ANGELES

Scene in brief



What Betty White did in 2010 doesn't usually happen. An 88-year-old actress with more than six decades in Hollywood suddenly became the object of adulation of the masses, which campaigned for her to host Saturday Night Live, boosting the show's ratings.

After a year remarkable for a star of any age, White has been voted the Entertainer of the Year by members of The Associated Press.

THE ASSOCIATED PRESS



Teen star Hailee Steinfeld shows new 'Grit' in debut role with Coens, Bridges, Damon. Learn how to scan on page 3.

In discussing their new film, *True Grit*, Joel and Ethan Coen are clear about one thing: They have zero interest in talking about the 1969 John Wayne film that was also based on Charles Portis' novel, about a tough 14-year-old girl who enlists a grizzled U.S. marshal and a Texas ranger to track down her father's killer.

"I don't think any of us thought about much of anything in this with reference to the first movie," Ethan says. "We had seen the movie when it came out, but we were kids then."

Instead, the brothers looked to Portis' 1968 book, which focused more on young Mattie Ross (played by newcomer Hailee Steinfeld) than the first film adaptation.

And while the Coen brothers' eclectic career has covered a slew of genres, they've never done a traditional western before — and they'd argue that they still haven't.

"I don't think we thought about it as a genre movie so much," Ethan says. "It is a western inarguably — you know, there are guys with six-guns on horses. But ... really we were thinking about the story, we were think-



► Director Ethan Coen, actor Jeff Bridges and director Joel Coen attend the premiere of *True Grit* in New York City.

ing about the novel more than doing a western, per se."

To find the right teenager to go toe-to-toe with Jeff Bridges' marshal and Matt Damon's ranger, they set out on a nationwide search — not that they really needed to.

"If we'd only known Hailee's from Thousand Oaks," Ethan says with a laugh. "We looked all over the country. There were two casting people that spent basically 18 months going everywhere, just everywhere, seeing thousands of girls — and they

could have stayed in L.A."

According to the Coens, what made Steinfeld stand out was her ability to wrap her mouth around the script's peculiar dialogue.

"Ninety-nine-point-nine percent of the hundreds of thousands of girls who read for this part washed out at the level of not being able to do the language, and that was something which was never an issue with Hailee," Joel says.

"Right from the beginning it was clear that she was completely comfortable with the language."

The Coen brothers, on location

There was one area where the Coen brothers didn't stay faithful to Charles Portis' novel. While the action in *True Grit* takes place in Arkansas and Oklahoma, the brothers filmed in New Mexico.

"That's one thing that's not faithful to the novel," Ethan says. "I

mean, the landscape is a total cheat. But ... we kind of thought people will think it's a western, and some things you just can't mess with. People want that."

And there was the weather to consider. "We knew we wanted to have snow in the movie," Joel says. "The trick was snow but not too much snow, and we weren't sure we were reliably going to get any snow at that time of year in Arkansas."

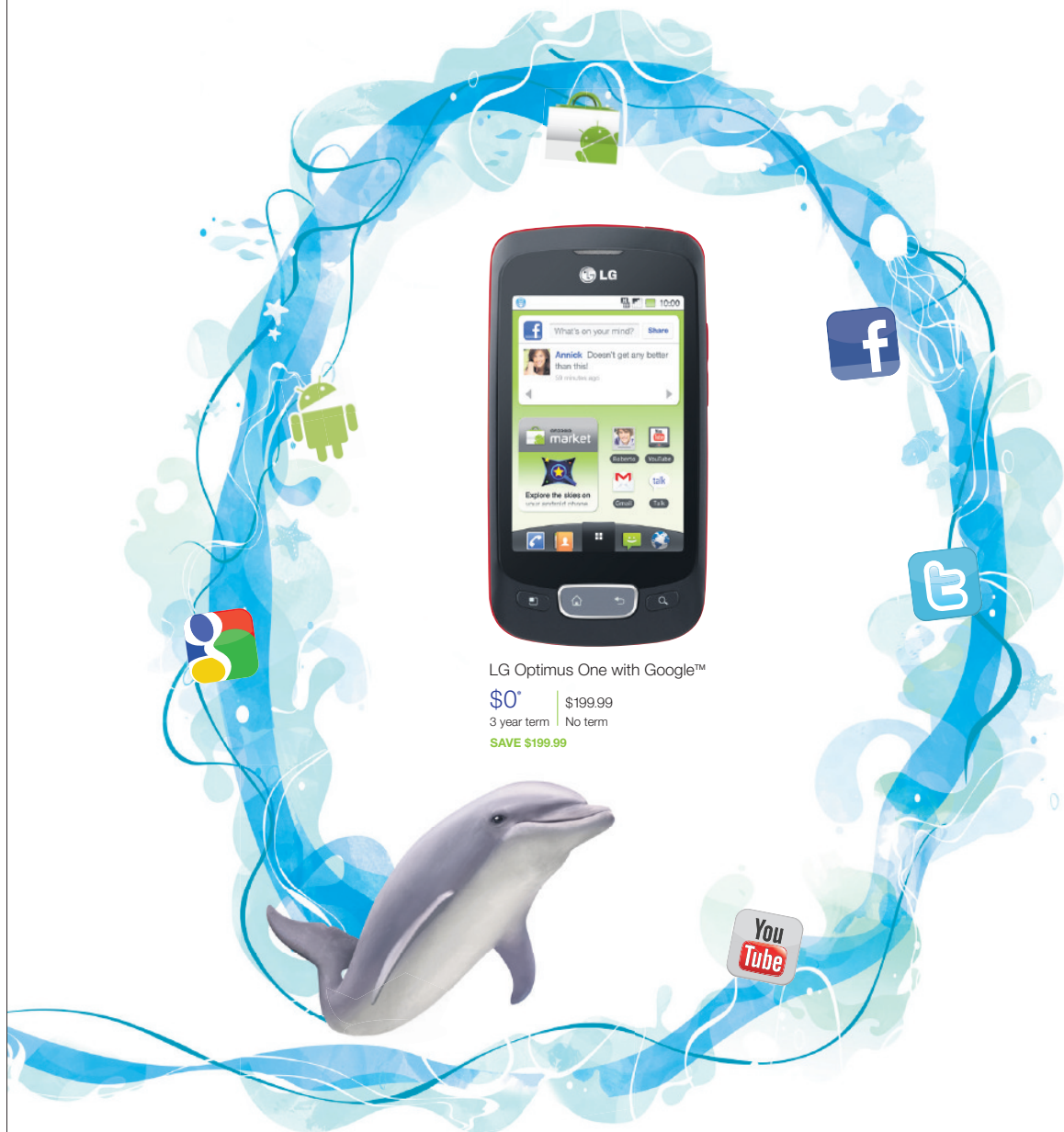
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Gander Mall

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Peninsula Mall

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Avalon Mall

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55 Kelsey Dr.

35 Stavanger Dr.

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Place Bathurst Mall

Campbellton

Sugarloaf Mall

Edmundston

Place L'Assomption

Fredericton

Regent Mall

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Grand Falls

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THE ASSOCIATED PRESS



The Top 10 tunes of 2010

► Looking for the perfect mix tape for 2010? ► These 10 songs are among the year's most entertaining

1. "When a Woman Loves," R. Kelly

An absolutely stunning love song with a pitch-perfect vocal performance that will send chills down your spine — for the right reasons.

2. "F---k You," Cee Lo

This phrase might not be so offensive if everyone delivered it as cheerily and soulfully as Cee Lo, in perhaps the year's wittiest track.

3. "Love the Way You Lie," Eminem feat. Rihanna

The song grabs you from the start of Rihanna's piercing vocal, and Eminem's tormented raps may be one of the more honest portrayals of love gone horribly wrong.

4. "Runaway," Kanye West
Let's toast indeed, to West's continued warped brilliance with a song that sarcastically pays tribute to his well-documented flaws.

5. "Tightrope," Janelle Monae feat. Big Boi

James Brown would be proud with this frenetic dance groove with killer horns and the coolest of raps from the ever-cool Big Boi.

6. "Soldier of Love" Sade

The opening drum salvo is captivating enough, but when Sade's alto croons, "I've lost the use of my



heart, but I'm still alive," it's a haunting yet intoxicating delivery that seals the deal.

7. "The Best in Me," Marvin Sapp

Sapp's gospel anthem celebrates God's ability to see past the imperfections mere mortals can't.

8. "Billionaire," Travie McCoy feat. Bruno Mars

This fantasy-filled song was the perfect anthem in a year where most of us were holding on to our wallets a little tighter. It was perhaps the best cameo from the smooth-voiced Bruno Mars.

9. "Teenage Dream," Katy Perry

It's frothy and poppy, but don't let that hide the fact that "Teenage Dream" is just a great song, period.

10. "Bed Intruder Song" Antoine Dodson & The



Gregory Brothers

Don't play — you know "Hide Yo Kids, Hide Yo Wife" is ingrained in your brain, thanks to the Gregory Brothers ingenious mashup song that took Antoine Dodson from viral sensation to musical sensation. Run and tell that!

THE ASSOCIATED PRESS

Monae, West top list of 2010's best albums

1. Janelle Monae, ArchAndroid

Monae's ArchAndroid was a pure dreamland that wove in Walt Disney influences, Fela and James Brown-inspired beats, Outkast-style rhymes and Beatlesque melodies for a heavenly, spectacular debut that envelops you completely in her fantasy world.

2. Kanye West, My Beautiful Dark Twisted Fantasy

It's typical for artists who feel persecuted in the press to spill out their anger, frustration and pity in song. Thankfully, West's stunning fifth album doesn't go down that road. Instead, he brilliantly owns up to his dysfunction, acknowledging his flaws through (mostly) flawless

tracks, gripping in their honesty and riveting in their musicality. Kanye can get away with being a jerk, as long as he makes music this amazing.

3. Eminem, Recovery

There are elements of Slim Shady, but what makes Recovery so commanding is hearing Marshall Mathers confront his demons with brutal honesty — and, of course, warped wit — on an album that restored his reputation as one of rap's all-time greats.

4. Sia, We Are Born

When word came that Sia was going to put out a dance album, there was every reason to fear that the serious songbird was taking an ill-advised jump on the Lady Gaga bandwagon. But Sia charts her

own path with We Are Born, an album filled with infectious grooves, and it keeps you engaged even when the tempo slows.

5. R. Kelly, Love Letter

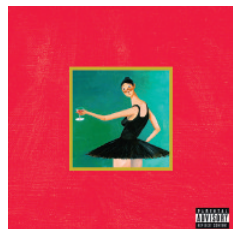
No midgets, no booty calls, no sex in the kitchen. R. Kelly trades perversion for perfection on the old-school throwback "Love Letter" — classy and classic.

6. Taylor Swift, Speak Now

Swift gets a lot of attention for her read-between-the-lines tomes, but after the guessing game stops (is this one about John Mayer? Is that one about Taylor Lautner?), what remains are terrific, compelling songs with rich plot lines that will stay with you long after the gossip fades.

7. Sade, Soldier of Love

Sade's music is so reliable



in its greatness that sometimes people — say, Grammy voters — forget how much work it takes to be so good. Always alluring, always enchanting, always sensuous, Sade — with her first album in 10 years — returns with an exquisite collection of entrancing songs.

8. Corinne Bailey Rae, The Sea

Rae channeled her grief



over the untimely death of her husband into The Sea,

but what developed is an album that's wistful and peppered with optimism in the face of despair.

9. Ray LaMontagne and the Pariah Dogs, God Willin' & The Creek Don't Rise

Ray LaMontagne has been known for his masterful songwriting for some time, but on "God Willin' & The Creek Don't Rise" — a sometimes morose, heart-breaking collection of despairing tracks — his lyrical gifts are perhaps at his best.

10. Gorillaz, Plastic Beach

The cartoon gimmick may have lost its edge, but the Gorillaz haven't: Plastic Beach blends hip-hop, funk, rock and electronica for spacey party grooves.

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Gaga is 'furious and devastated'

Singer stopped by the snow in France

Lady Gaga isn't having the best time in France. The singer returned to Paris to perform make-up dates for October shows that had been cancelled, only to get stopped by the weather, according to Popeater. Because of snow, authorities wouldn't let her trucks into the city. Sunday night's show was rescheduled for tonight.

"All 28 of my trucks for the Monsterball were detained by the French government going on over 26 [hours]," Gaga posted to Twitter. "[Two] of my employees were arrested trying to get into Paris so we could perform. I am furious and devastated. It's unfair to my fans and to me." **METRO**



► Lady Gaga

Celebrity tweets



Neil Patrick Harris
[@ActualNPH] My

favorite holiday song: 12 Days of Christmas, by the Muppets. Why: Beaker singing 'Mee Mee Mee Mee Mee Meel' slays me



Stephen Colbert
[@StephenAtHome] I'm on

break! And the fact that I'm tweeting about it may be the first sign of my Twitter addiction



Amy Winehouse

[@amyjade mermaid] can't find me bleedin notebooks — they've done a runsie

● METRO

Talking points

Neverland Ranch to become a school?

PERFORMING ARTS. The future of Michael Jackson's famed Neverland Ranch is still in question, but the company that owns it, Colony Capital, is reportedly turning it into a performing arts school named after the late singer, according to TMZ.

The company reportedly wants to model the school after New York's Juilliard.

"It's an interesting idea," a rep for Jackson's estate says. "And we'd be open to it."

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► Experts suggest that one reason why women don't get mammograms more often is that they are confused about the procedure.

3

life

Get fit

There are some things you can do to minimize your risk of developing breast cancer. Here are factors you can do something about:

- Lost excess weight
- Quit smoking
- Exercise regularly
- Limit your alcohol intake
- Breastfeed your baby
- Avoid unnecessary exposure to chemicals.

CELIA MILNE

What's the harm?

► Statistics in Canada and the U.S. suggest women should be going in for free mammograms more often ► Experts looking at why they choose not to ► Read on for why you should get one



CELIA MILNE

LIFE@METRONEWS.CA

Women are not going for "free" mammograms as often as they should – and could – be.

A new study in the U.S. has found only 50 to 60 per cent of women who should be going for regular mammography tests actually do.

And cost certainly is not the issue: All of the 1.5 million women in the study had health insurance, and here in Canada, it's covered.

Mammography as recommended "can reduce your risk of dying from breast cancer," says Dr.

Gillian Bromfield, senior manager of cancer control policy at the Canadian Cancer Society.

The Society recommends all women between the ages of 50 and 69 get regular mammograms once every two years.

So how does Canada compare with the U.S?

When surveyed, 72 per cent of Canadian women in this age group say they are getting them done.

"That is pretty good," says Bromfield, though she added, "It might not be quite that high. Women are more likely to give the expected answer, or they don't realize it's

"It is proven to save lives. That's an important message. There's a lot of misunderstanding about that."

DR. GILLIAN BROMFIELD,
CANADIAN CANCER SOCIETY

been more than a couple of years since their last mammogram."

Ideally, she says, all women should follow the recommendations.

If you are in your 40s, it is recommended that you talk to your doctor about your benefits and risks of

mammography.

If you decide to get mammography, there is some evidence you should get it done annually, says Bromfield.

In any age group, if a doctor refers you for a mammogram because of symptoms or a family history, the public health system covers the cost.

"It is proven to save lives. That's an important message. There's a lot of misunderstanding about that," says Bromfield.

In the U.S. study, authors said that reasons for the lower than expected rates might be fear of the procedure and confusion about guidelines.

Statistics

Breast cancer by numbers

- Number of women in Canada expected to develop breast cancer this year: 23,200
- Number of men in Canada expected to develop breast cancer this year: 180
- Percentage of women with breast cancer who survive more than five years: 87
- Number of deaths expected this year: 5,300



Hospital report: progress in reducing death rates, some surgeries unneeded



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Fight the holiday hangover

► Our experts tell you how to enjoy overindulging while remaining clean and clear ► Step one is to enjoy the party, with some preparation beforehand ► And then prepare to detox and keep fit for the rest of the break

FIGHT THE FLU

► Boost your immune system by eating fruit and vegetables rich in vitamin C and bioflavonoids such as berries, peppers and guava. **MK**

► Eat garlic and onions for their antibacterial and antiseptic properties. **MK**

► Exercise works your cardiovascular and builds your immune system. It strengthens and helps to fight off bacteria and infection easier. **CL & JB**

► Avoid foods containing sugar and refined carbohydrates as they weaken the immune system. **MK**



Meet the experts, here to help like healthy, fitness-obsessed elves.

CL and JB: Carlos Leon and Jeff Bell, founders of the

Belleon training program
RB: Ramona Braganza, celebrity fitness trainer
TA: Tracy Anderson, celebrity fitness trainer

CA: Christina Agnew, nutritionist and founder of rawfairies.com
MK: Michele Kingston, nutritionist



KEEP FIT

► A slow walk will aid digestion, so get up and go for a stroll after lunch. **RB**

► Stretch your brain in a game of Scrabble or watch a fun Christmas film. If you want a nap after dinner sleep in an upright chair rather than lying flat as this could cause indigestion. **MK**

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DETOXING

► Sip dandelion root tea throughout the day and stay away from coffee and black tea, as these cause dehydration. **MK**

► Drink a mug of fennel tea before going out. It's an

appetite suppressant. And it will help with next day cleansing. **RB**

► If you grab a square of chocolate (sugar), grab a handful of nuts (protein) to fill you up and it will balance out your blood sugar levels. **MK**



PARTY TIME

► Having a nap before going out is a good slimming tip — we tend to eat more when we're tired. **CA**

► Alternate each alcoholic drink with a glass of mineral water topped with fresh lime to limit your alcoholic intake and stay hydrated. **CA**

► Munch on raw vegetable crudités but go easy on the dips, where the calories hide. Chew your food thoroughly and slowly to avoid overeating. **CA**

► To drop a size in record time, can be done simply by eating clean foods, whole foods, raw and organic foods, and by creating a work-out that gives you maximum results in the shortest amount of time. Be sure to find out what whole body exercises will move you toward your goal. The other thing is to just get up and do it! **CL & JB**

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Ultimate Christmas workout

► Shave off pounds with these exercises you can do in your family guest room ... no gym required.



Hey fatty. Yeah you, Mr. Claus. If you are visiting family and unable to get to the gym over the festive period, make sure you still get out of the house for

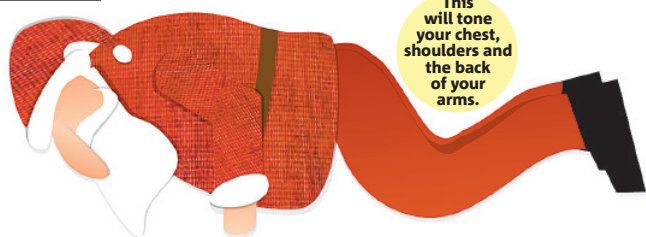
regular walk or runs and try including the following full-body workout.

Warm up by walking or jogging on the spot and then perform each exercise for 30 seconds in a circuit style format for three to

five times depending upon your fitness levels with a two minute rest between each circuit. Make sure you stretch afterward to help your recovery.

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Press Ups



This will tone your chest, shoulders and the back of your arms.

Set up on a mat face down with your hands in line with your shoulders and your feet hip-width apart on your toes. Keeping the hips elevated

and bracing the abdomen, slowly lower your body ensuring that the elbows are kept tucked in. Once you have reached

your maximum range of motion drive back up to starting position with a faster tempo. Be careful not to over work yourself initially.

Plank



This will tone your core muscles.

Lie face down with your elbows on the ground; elevate your body up, keeping your weight distributed between your forearms and feet. Your elbows should be bent at a 90-degree angle.

Keep your back straight with the hips raised off the floor. Squeeze the torso tight ensuring the body is parallel to the floor. Hold this position for as long as required.

Walking Lunge



Step forward and bend the front and back legs to ninety degrees, shift your weight forward maintaining a straight back and step through with the other leg again bending the front and back knees to ninety degrees. Continue this moving walking motion moving the lunge forward for the set number of repetitions.

Dead Bugs



Tone your lower abdominal muscles.

Lie with your back on the floor and position yourself with legs bent at the hips and knees. The movement

involves opposite motion—keep one leg bent while the opposite leg is extended. Alternate between both sides.

Side Plank



This will tone your oblique muscles at the side of your abs.

Lie on your side and elevate your body supporting your weight between your forearm and feet. Keep your body straight with the hips off the floor; the neck and back should stay straight. Hold position for as long as required. Repeat on the other side.

The Sumo Sized Squat

Keep your head up and your back straight with your feet about 30 inches apart. Point your toes and knees a little outwards. Squat until your upper thighs are parallel to the floor. Slowly return to the starting position

This works your bottom and leg muscles.



ILLUSTRATIONS: MIA KORAB

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Holiday alternatives



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

After taking a poll of friends and strangers on the Internet, it looks like many of you may not be having turkey or ham for dinner on Christmas day.

This rebellion against tradition is cool because it means that there will be lots of different bottles on holiday tables this season.

Boiled lobster is high on the list of alternative mains (especially in Atlantic Canada). A crisp sauvignon blanc from New Zealand or bright, fruit-forward chardonnay from the New World would be an ideal match.

If you're going for a Charles Dickens vibe, goose could be on the menu. Surprisingly adaptable, it's a great partner for a red French Bordeaux, a Spanish Tempranillo or a chewy Aussie shiraz.

Since I love roast beef, it's a guarantee the Rockwells will serve it.

Though also quite open to liquid partners, a spicy malbec from Argentina or a California zinfandel would make a perfect union.

Another choice is a New World cabernet with Errazuriz's 2008 Max Reserva Cabernet Sauvignon (\$17.95 - \$18.99) from Chile, which offers plenty of dense black currant fruit, rich tannins and a lingering dark chocolate finish.

Prices reflect the range across the country. Some products may not be available in all provinces.

Spicy apple scones

THE CANADIAN PRESS/FOODLAND ONTARIO



Ingredients:

- 500 ml (2 cups) all-purpose flour
- 50 ml (1/4 cup) granulated sugar
- 30 ml (2 tbsp) baking powder
- 5 ml (1 tsp) cinnamon
- 1 ml (1/4 tsp) salt
- 125 ml (1/2 cup) cold butter, cut into pieces

- 550 ml (2 1/4 cups) diced apples, peeled if desired (3 medium McIntosh or Cortland apples)
- 125 ml (1/2 cup) chopped walnuts
- 175 ml (3/4 cup) sour cream
- 1 egg
- Topping**
- 15 ml (1 tbsp) granulated sugar
- 2 ml (1/2 tsp) cinnamon

Make up a batch or two of these moist, spicy scones for holiday guests.

They are delicious served with honey, cream cheese or a slather of creamy maple butter along with a mug of hot cider.

Preparation:

- In a large bowl, combine flour, sugar, baking powder, cinnamon and salt. Cut in butter with pastry blender or 2 knives until mixture is crumbly. Stir in apples and walnuts.

- In a small bowl, using a fork, stir sour cream and egg until well mixed. Stir into flour mixture to form smooth, soft

dough. Turn out onto lightly floured surface; knead 8 times. Shape into 23-cm (9-inch) circle.

- Topping:** In cup, mix sugar with cinnamon; sprinkle evenly on top. Cut into 12 equal wedges. Arrange wedges 2.5 cm (1 inch) apart on parchment paper-lined or lightly greased baking sheet.

- Bake in a 200 C (400 F) oven for 20 to 25 minutes or until puffed and golden brown. Serve warm. The recipe makes 12 spicy apple scones.

THE CANADIAN PRESS



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TIP #12: START SAVING FOR NEXT YEAR

Based on how much you spent this year, plan ahead for next year. Open an eSavings account and set up small automatic transfers every time you get paid – next November you'll be ready to shop.



For more holiday financial tips, go to rbc.com/holidaytips

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WHEN TASTE BUDS DON'T MATCH WITH YOUR LOVER

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS



I'm an adventurous foodie, but my partner's taste buds are limited to boiled chicken and root veggies, and she refuses to experiment. I'm worried my flavour centres are going to turn as bland as the food on her plate. What can I do?

Derek says...

She sounds boring. I feel for you.

But in the event that you are actually in love and in this for the long haul, try finding restaurants where you can order an interesting item from the menu, while she eats a bowl of buttered pasta or a piece of bread.

Once in a while, you may need to sneak away for a dinner safari with like-minded friends. If you teach her how to cook, she might be willing to experiment and expand her palate. Good luck.

Angela says ...

We have a friend who doesn't have an adventurous wish bone in him.

When his wife craves sushi, he tags along, and drinks a beer while she noshes on her tuna rolls. Then they go get him a burger and fries. Personally, I could never survive that kind of relationship — trying new foods is fun



► Chicken tikka masala?

to do together — but hey, if it works for you then who am I to judge?

This is one of those situations where you will both need to learn how to compromise.

Take turns giving in to each other's food choices. I suspect after a while, she'll come around. Because who can resist a tasty chicken tikka masala?



► Shannon and Andy

FOR THE LOVE OF BIKES

Names: Shannon, 25, and Andy, 38

Current city: Toronto

Together since: 2009

Their story:

Andy and I (Shannon) met when I started a new job at a medical office — he was the Purolator guy.

One day, Andy came into the office with a package I

was expecting — I had ordered something from a motorcycle shop.

Being a rider himself, he recognized the name of the store and was very curious about the contents. Having discovered our joint passion for motorcycles, our conversations became more frequent.

Andy would even stop into the office empty-handed just for a quick chat. About two years later, we had our first date — on a motorcycle, of course! We went for a beautiful summer ride and rode by the waterfront in Port Perry, Ont.

It was there — 36 min-

utes into our first date — that I knew he was "the one." I asked him to marry me. He said yes and kept me waiting (im)patiently for him to surprise me with a proper proposal.

Andy finally proposed in January 2010, at the same place in Port Perry where I had asked him to marry me.

After some drama, a bit of stress and a wedding venue cancellation, we finally tied the knot in September 2010 in Toronto.

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INVEST IN OTHERS, REAP THE BENEFITS

Charitable giving has become an essential piece of a financial plan. Studies have shown that philanthropy is one of the top three characteristics that wealthy people share (the other two are spending wisely and investing for the future). On average, self-made millionaires give away 10 per cent of their earnings.

Giving won't set you back financially. Research shows there's a Return On Investment (ROI) when you invest in your community. Rather than getting a dollar return, which is typical of a financial investment, you benefit through expanded networks, in-

creased sales, leadership opportunities, promotions, marketing, job offers, publicity, and much more.

Additionally, Revenue Canada supports giving and will provide an attractive tax credit.

It can be hard to find extra dollars to give. It's hard enough trying to save 10 per cent into your RRSP and pay off debt.

But, giving doesn't just happen. You have to plan to make it happen.

Philanthropy helps to build safe, healthy, growing communities, and giving goes beyond donating money. Charities require volunteers to deliver programs and fundraise and

they need strategic direction from board and committee members.

Get involved! First, do some soul searching to determine the causes that are meaningful to you. Has your family been impacted by a particular illness? Do you love the arts? Do children's sports camps make your heart melt?

Next, research the organizations you're passionate about. If you're stumped, visit sites like canadahelps.org, imaginecanada.ca or your local volunteer and community foundations. Try to pick one or two organizations to make your charity of choice.

Find out what the organization needs (usually money and volunteers) and how you can give.

Get to know them by volunteering your time and skills. If you're a web designer, spice up their website. If you're a banker, run a financial training program.

When you're ready, contribute financially to your charity of choice. From a budgeting perspective, it's helpful to contribute regularly on payday. Then, aim to grow your giving annu-

ally; e.g. \$50 to \$75 per month. There are two approaches to donations: either give small amounts to many charities – \$20 here, \$50 there, or, give to fewer charities, but in greater amounts – \$1,000 to one or two organizations. More dollars to fewer organizations can have a greater impact.

Check whether your employer or professional association will match your donation or give you time off for volunteering.

Whatever your motivation is for giving, when you contribute your time, talent and money it demonstrates leadership, and people pay attention to that.

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Splurge on your soul

ON MONEY

ALISON GRIFFITHS
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The holiday season is a tough time for many Canadians.

The majority of us (60 per cent) live pay cheque to pay cheque as we shoulder heavier debt loads. Just meeting the minimum of holiday expectations stretches some of us to the brink.

My prescription for such woes is to focus on feeding your soul. It doesn't involve much time or money but I guarantee it will help shed your financial woes and give you a dose of feel good at the same time.

Call up a family member or friend you haven't spoken to for ages.

I grew up in a time when

calling long distance was either an occasion or meant bad news. At Christmas we'd huddle around the phone for a few quick words with relatives across the continent. Now long distance rates are so cheap there's no excuse not to call. And if it is long overdue you'll spread considerable joy.

Visit a shut in

It's a lonely time of year for many seniors in retirement facilities and nursing homes. Those who don't see well enough to read would welcome hearing you read aloud a favourite book. Others might enjoy a drive to see Christmas lights.

Take part

In every city, town and village in the country there are pageants, parades, ceremonies and caroling. Most of them are free. Get out and enjoy yourself!



His mantra: tidal tenacity

As a founding member of the Ocean Research Centre for Energy (FORCE), James Taylor is a pioneer in ocean energy.

James was recently honoured with the inaugural Navigator Award by the Ocean Renewable Energy Group (OREG). It recognizes someone who has made a significant contribution to tidal or ocean energy in Canada.

We're proud of James and the work he does for Nova Scotia on ocean energy. And we're especially proud he's part of our team.

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sports

First star



Anthony Terenzio

The Halifax Mooseheads goaltender has been named the QMJHL's first star of the week. Terenzio, a 17-year-old rookie from New Canaan, Conn., earned three straight victories, posting a miniscule 0.70 goals-against average and a .971 save percentage while turning aside 68 of 70 shots. He was also named a three-star selection in two of his three appearances.

Smith says Herd 'vastly improved'

RYAN TAPLIN/METRO



► Bobby Smith behind the Halifax Mooseheads bench earlier this month.

► Solid showing in December encourages owner/head coach



MATTHEW WUEST
@METRONEWS.CA

It comes as no surprise that Bobby Smith has a glass-half-full evaluation of the Halifax Mooseheads' positioning at the QMJHL holiday break.

But while the owner and rookie head coach recognizes that — on the surface — his team's 15th-place standing isn't all that much more impressive than its back-to-back 18th-place, last-overall finishes, he's focusing elsewhere.

Not just on their current three-game winning streak, but on their 13 victories overall, which match their full-season total from 2009-10.

"We are a vastly improved team (from last season)," said Smith, placing particular emphasis on the word vastly. "And we are doing it with a slew of young players."

There are only five players on the roster 19 or older, and the team's average junior age is just 17.7. Only one of the top six scorers is older than 18, and four of them are 17 or younger.

Since Smith took over from Cam Russell behind the bench in late October, they've gone 9-14-0-0 for a .391 winning percentage, slightly better than their previous 4-9-0-1 (.285).

Beyond the numbers, Smith was thrilled with the

No trades yet

The Mooseheads have remained silent through two days of the QMJHL trade period.

► The Mooseheads were on the sidelines as five minor deals were announced yesterday, the first of the trade period.

team's progress in December, not just in the past three victories, but also with the ability to hang tough in close losses to national powerhouses Saint John and Quebec.

"The way we've been playing since Dec. 1, I'm extremely happy," Smith said. "We have the type of game that a successful team has to play."

With a 13-23-0-1 record, the Mooseheads are four points ahead of the 16th-place Cape Breton Screaming Eagles and six points behind the 14th-place Val-d'Or Foreurs.

So what will it take for Smith to call the second half a success?

"I'm hopeful we can move up the standings a couple of spots," Smith said. "I'd like to get us in a position where we can play a first-round playoff series with a chance to have success — and doing all that while playing our younger players."

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Favre. Tough blow



▶ Brett Favre grabs a fumbled snap in front of the Chicago Bears' D.J. Moore.

THE ASSOCIATED PRESS

Favre's return ends early after head injury

Brett Favre's emotional and surprising return to the field ended early. Favre shrugged off a sprained right shoulder to start the game last night, receiving a thunderous ovation from the crowd when he was introduced before the game. But Minnesota's 41-year-old quarterback sustained a head injury in the second quarter after being taken down by Bears defensive end Corey Wootton, and the team said he would not return. The Bears won 40-14.

Leafs get thrashed

► After tough road trip, Toronto does no better on home ice ► Atlanta first in its division

It didn't take the Toronto Maple Leafs long to remind their fans about their many troubles.

Tobias Enstrom had two goals and two assists as the Atlanta Thrashers downed the Maple Leafs 6-3 yesterday.

Freddy Modin added two goals against his former team, while Anthony Stewart and Andrew Ladd, into an empty net, also scored.

Atlanta (19-11-5) vaulted past the Washington Capit-

6	3
THRASHERS	LEAFS

als for first place in the Southeast Division. The surprising Thrashers have now picked up at least a point in 14 of its past 16 contests.

Mikhail Grabovski scored for the fourth game

in a row as part of a brief third-period Leafs rally that ultimately fell short.

John Mitchell and Nikolai Kulemin also scored for Toronto (12-17-4).

The Leafs were back on home ice after a three-game swing through Western Canada in which they dropped the last two games to Calgary and Vancouver.

The return to the Air Canada Centre did little to reverse their fortunes as the Leafs found themselves in a

two-goal hole in the first three minutes. By the final period, fans were calling for the coach's head.

Despite the fast start for the visitors, the game remained close through the halfway point, with Mitchell scoring his first of the season on a second-period Toronto power play to cut the lead to 2-1. But Modin's second of the game came with just 56 seconds remaining in the middle frame, restoring the two-

goal lead.

Then things turned ugly.

A brutal turnover by Kulemin led to Stewart's goal just over three minutes into the third and Enstrom picked up his second less than a minute later when a weak shot from the point eluded Jonas Gustavsson.

That led to coach Ron Wilson pulling Gustavsson, who was beaten five times on 18 shots, in favour of rookie James Reimer.

THE CANADIAN PRESS

Greinke likes Brewers' attitude

Zack Greinke loves the attitude of the Milwaukee Brewers and their willingness to try to reach the post-season immediately.

"The main reason I wanted to get out, I mean, preferred to get out of Kansas City, is I wanted to be on a team that was trying to win this year, because, as a pitcher, you don't really know how long your career is going to be," Greinke said yesterday, a day after he was acquired from the Royals in a six-player trade.

After winning the AL Cy Young Award with a 16-8 record and 2.16 ERA in 2009, the 27-year-old right-hander slumped to 10-14 with a 4.17 ERA last season.

"Just really wanted to be in a place where they were playing to win games right away," he said.

Since the end of the season, the Brewers also acquired Shaun Marcum to join a rotation that also includes holdover Yovani Gallardo. The new players join a core that includes all-stars Prince Fielder, Ryan Braun and Corey Hart to go along with Rickie Weeks and Casey McGehee, closer John Axford and setup man Zach Braddock.

"They've got some really good offence on the team and they seem to have an attitude about them, and I kind of like that," said Greinke.

Melvin traded starting shortstop Alcides Escobar, centre-fielder Lorenzo Cain, top pitching prospect Jake Odorizzi and former first rounder Jeremy Jeffress to the Royals for Greinke, shortstop Yuniesky Betancourt and cash.

THE ASSOCIATED PRESS

HOCKEY

Juniors' gear lost in transit

Sweden, Germany and Norway made it to North America for their warm-up games ahead of the world junior hockey championship — but some of their equipment did not.

The three teams were left scrambling yesterday as some of their bags were caught up in the travel chaos plaguing Europe after days of severe winter

weather.

The Swedes and Germans both went shopping for replacement equipment so they could practise ahead of their exhibition games this week, while the Norwegians decided to wait for their bags to arrive, according to officials from Hockey Canada and USA Hockey.

Either way, all three teams are expected to be ready for exhibition games this week.

Today, Sweden plays Canada in Toronto while Norway takes on Slovakia in Jamestown, N.Y. The Germans play the Czech Republic tomorrow in Rochester, N.Y.

The Swedes were missing 10 bags when they arrived in Toronto, but Hockey Canada stepped in to help, setting up an account for its visitors at a local store.

Scott Salmond, Hockey Canada's senior director of national teams, said the Swedes planned to practise yesterday once they had loaded up on new gear and that tonight's game was expected to proceed as scheduled.

He added that the Swedes were hopeful of getting their own equipment in time for the friendly, but they will be fine with the new stuff if not.

THE CANADIAN PRESS

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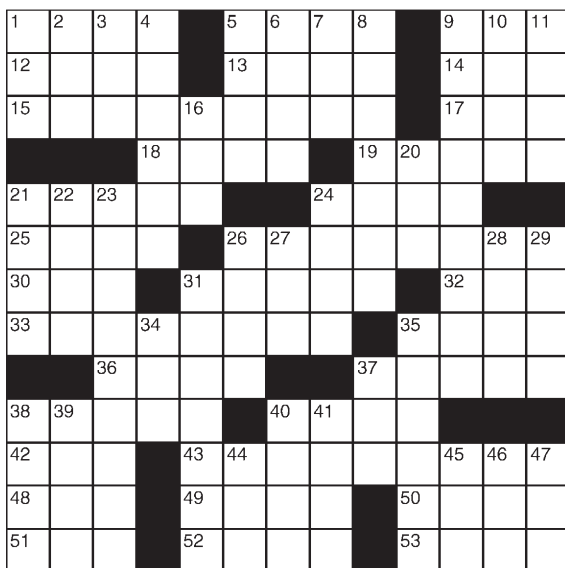
Crossword

Across

1 Grouch
5 — Abby
9 Old airline initials
12 Stereo alternative
13 Fairy-tale villain
14 Hairpiece
15 David Lynch TV series
17 Single
18 Poet
19 Elephant's ivory
21 Station
24 Fortune's partner
25 Mideast nation
26 Skywalker's story
30 Next-to-last Greek letter
31 Minimum
32 Skater Babilonia
33 Three-striper
35 Penny
36 Verve
37 Specialty
38 Attach
40 "The Wizard of Oz" author
42 Zodiac feline
43 It's 6 inches smaller than a queen
48 Lummo
49 Rim
50 Easter flower
51 Sprite
52 Take a break
53 Oxen's joiner

Down

1 Nashville-based cable channel
2 Tier
3 Blackbird
4 Chocolate-coated treat



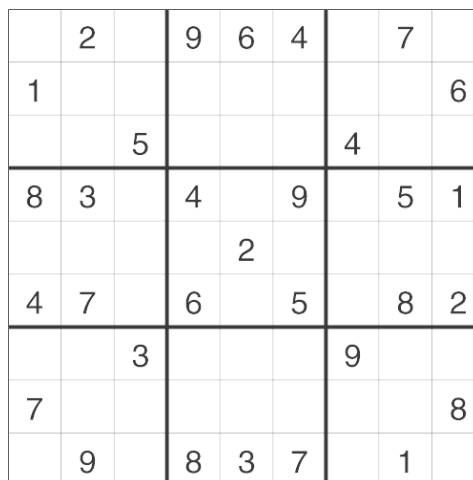
5 Active one
6 "Zounds!"
7 Noah's boat
8 Take it from the top
9 Small car
10 Flirtatious gesture
11 A long time
16 Sajak or Summer-all
20 Diggers' grp.
21 Quick swims
22 Gaelic
23 Found partners
24 Rapid
26 Connery or Penn
27 Bronzed, at the

beach
28 Carry on
29 Location
31 Hero's hero
34 Day — colours
35 Attractive
37 Adjective suffix
38 Lotion additive
39 Transaction
40 Elmer's prey
41 Help a hood
44 Praise in verse
45 Life story, for short
46 Wapiti
47 Colouring agent

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

7	2	3	4	5	8	9	1	6
6	4	9	3	7	1	5	8	2
8	1	5	6	2	9	4	7	3
1	6	7	8	4	2	3	5	9
9	3	4	5	6	7	1	2	8
5	8	2	1	9	3	6	4	7
2	5	1	7	3	6	8	9	4
3	9	8	2	1	4	7	6	5
4	7	6	9	8	5	2	3	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

PMP, You take me to heaven and back and I thank you. XXXXXX SQ

My Sweet Daniel, We're always competing and trying prove who loves who the most. So this will prove that I love you more.

SIMONE

Dear Mom, Happy early birthday! I know that it's not a 'surprise' party like last year, but hopefully you have a wonderful Christmas with most of the family! It will be packed! I can't wait to give you your presents! LOVE, ASHLEY

happy birthday to you. happy birthday to you. happy birthday dear Robyn. happy birthday to you. the big three "0" - have a good one my "old" friend DAVID W

Today's horoscope

♈ Aries March 21-April 20 Keep what you know to yourself today and don't be tempted to boast that you have inside information. If your rivals get even a sniff of what you are up to it will weaken your efforts to move up in the world.

♉ Taurus April 21-May 21 You are not thinking straight, so it might be wise to avoid any major decisions. There are some tricky people out there, so play your cards close to your chest.

♊ Gemini May 22-June 21 It seems like everyone wants a piece of you — but there is only so much of you to go around. Look out for Number One.

♋ Cancer June 22-July 22 Your fears and anxieties seem to be getting a bit out of hand, so you need to remind yourself today of who you are and what it is you want to do with your life.

♌ Leo July 23-Aug. 23 Will you get an apology from someone who did you wrong? It's highly unlikely and you know it, so you might as well put the incident behind you and get on with your life.

♍ Virgo Aug. 24-Sept. 22 No matter how desperate you may be to move up in the world you must not take foolish risks. Success is a long-term endeavor, so think where you want to be a year or even five years from now. Then go for it.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 You can't seem to sit still at the moment. Don't buzz here, there and everywhere for no reason — have a plan. Move to a purpose.

♏ Scorpio Oct. 24-Nov. 22 Times may be tough but they are not so tough that you can't do something to improve your money situation. The next few weeks will boost your communication skills, so get out there and network.

♐ Sagittarius Nov. 23-Dec. 21 A lunar eclipse in the final degree of your opposite sign means that feelings are running high at the moment. Others may say nasty things but you are advised not to hit back in kind.

♑ Capricorn Dec. 22-Jan. 20 Sometimes it's difficult to know what is fact and what is fiction but one thing you'll know for certain today is that you are in command of how you think and how you feel.

♒ Aquarius Jan. 21-Feb. 18 While everyone else is fretting and fussing over trivial things you will be quietly getting on with what you have to do. Your creative plans are taking shape nicely.

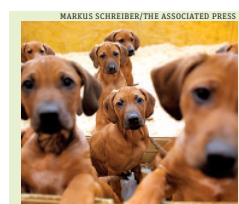
♓ Pisces Feb. 19-March 20 You cannot run away from your responsibilities, much as you might like to. Do what has to be done and do it so well that next time you will be asked to do something more interesting. **SALLY BROMPTON**

Caption contest



WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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+Taxes & other fees: \$155

Varadero

Sirenis La Salina Varadero • 4 ★

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+Taxes & other fees: \$155

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Punta Cana

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All-Inclusive • Junior suite
Feb. 26 • 1 wk.

\$1159

+Taxes & other fees: \$171

Samana

Gran Bahia Principe

Cayacoa • 4 ★

All-Inclusive • Standard rm.
Feb. 17 • 1 wk.

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+Taxes & other fees: \$171

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Gran Bahia Principe Jamaica • 4 1/2 ★

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